SEMANA DEL 15 AL 21 DE ENERO

	LUNES	SALA	MARTES	SALA	MIERCOLES	SALA	JUEVES	SALA	VIERNES	SALA	
08:00h-08:30h	CICLO INDOOR	CI			CICLO INDOOR	CI	CICLO INDOOR	CI			08:00h-08:30h
09:30h-10:25h	PILATES	S2	PILATES	S2	PILATES	S2	PILATES	S2	PILATES	S2	09:30h-10:25h
10:30h-11:00h			Glúteos Brasileiros® Solo chicas	S2			CICLO INDOOR 30'	CI			10:30h-11:00h
10:30h-11:30h	Bachata	S2			Bachata	S2			RITMOS Latinos	S2	10:30h-11:30h
10:30h -11:30h			Solo chicas ZUMBA 50'	S2			HAMMER PUMP	S1			10:30h -11:00h
11:00h-12:00h									Glúteos Brasileiros® Solo chicas	S2	11:00h-12:00h
11:30h-12:00h											11:30h-12:00h
11:30h-12:15h											11:30h-12:15h
11:30h-12:30h	HAMMER PUMP	S1			Perfect Legs	S2					11:30h-12:30h
12:00h-12:30h			CICLO INDOOR 45'	CI			indoorwalking	IW	ABDOMEN	S2	12:00h-12:30h
12:15h-13:00h							Solo chicas Glúteos Brasileiros®	S2			12:15h-13:00h
12:30h-13:00h	indoorwalking	IW			CICLO INDOOR	CI			CICLO INDOOR 45'	CI	12:30h-13:00h
12:30h-13:30h	BOXEO	S1			BOXEO	S1					12:30h-13:30h
14:00h-15:00h	BOXEO	S1			BOXEO	S1					14:00h-15:00h
14:30h-15:15h	CICLO INDOOR	CI	HAMMER PUMP	S1	CICLO INDOOR	CI	CICLO INDOOR 45'	CI			14:30h-15:15h
17:00h-17:30h	CICLO INDOOR	CI	ABDOMEN	S1	Solo chicas Glúteos Brasileiros®	S2					17:00h-17:30h
17:00h-18:00h							HAMMER PUMP	S1	Perfect Legs	S2	17:00h-18:00h
17:30h-18:00h	Solo chicas Glúteos Brasileiros®	S2	indoorwalking	IW	indoorwalking	IW					17:30h-18:00h
18:00h-18:30h	indoorwalking	IW	CICLO INDOOR	CI	ABDOMEN	S2	CICLO INDOOR	CI			18:00h-18:30h
18:00h-19:00h	HAMMER PUMP	S1	Bachata MEDIO	S1	HAMMER PUMP	S1	Bachata NIVEL INICIO	S1	Bachata NIVEL MEDIO	S1	18:00h-19:00h
18:00h-19:00h			Perfect Legs	S2							18:00h-19:00h
18:30h-19:00h	CICLO INDOOR	CI					Glúteos Brasileiros® Solo chicas	S2			18:30h-19:00h
18:30h-19:25h	PILATES	S2			PILATES	S2					18:30h-19:25h
18:30h-19:30h									PILATES	S2	18:30h-19:30h
18:35h-19:05h			indoorwalking	IW							18:35h-19:05h
19:00h-19:30h	CICLO INDOOR	CI			CICLO INDOOR	CI	indoorwalking	IW			19:00h-19:30h
19:00h-19:30h							ABDOMEN	S2			19:00h-19:30h
19:00h-20:00h	BOXEO	S1	PILATES	S2	BOXEO	S1	RITMOS Latinos	S1			19:00h-20:00h
19:05h-19:35h	indoorwalking	IW							CICLO INDOOR	CI	19:05h-19:35h
19:05h-20:05h			HAMMER PUMP	S1							19:05h-20:05h
19:15h-20:00h			CICLO INDOOR	CI							19:15h-20:00h
19:30h-20:00h							CICLO INDOOR	CI			19:30h-20:00h
19:30h-20:15h	CICLO INDOOR	CI									19:30h-20:15h
19:35h-20:05h	Glúteos Brasileiros®	S2			CICLO INDOOR	CI					19:35h-20:05h
19:35h-20:05h	indoorwalking	IW							BOXEO	S2	19:35h-20:35h
19:35h-20:35h					Solo chicas ZUMBA	S2	Perfect Legs	S2	HAMMER PUMP	S1	19:35h-20:35h
20:00h-20:30h							indoorwalking	IW			20:00h-20:30h
20:00h-20:30h							CICLO INDOOR	CI			20:00h-20:30h
20:05h-20:35h	ABDOMEN	S1	ABDOMEN	S1	ABDOMEN	S1					20:05h-20:35h
20:05h-20:35h			CICLO INDOOR	CI							20:05h-20:35h
20:05h-20:35h	Solo chicas ZUMBA		Glúteos Brasileiros®	S2							20:05h-20:35h
20:05h-21:00h		S2									20:05h-21:00h
20:15h-21:00h	CICLO INDOOR	CI			CICLO INDOOR	CI					20:15h-21:00h
20:35h-21:05h	indoorwalking	IW			Glúteos Brasileiros®	S2					20:35h-21:05h
20:35h-21:05h					indoorwalking	IW	indoorwalking	IW	CICLO INDOOR	CI	20:35h-21:05h
20:35h-21:35h			HAMMER PUMP	S1							20:35h-21:35h
20:35h-21:35h	BOXEO	S1	Bachata INICIO	S1	BOXEO	S1	HAMMER PUMP	S1	BOXEO	S1	20:35h-21:35h
20:45h-21:30h			CICLO INDOOR	CI			Bachata NIVEL MEDIO				20:45h-21:30h
20:45h-21:45h								S2			20:45h-21:45h
21:05h-21:35h	Perfect Legs				ABDOMEN	S2					21:05h-21:35h
21:05h-22:05h		S2									21:05h-22:05h
21:35h-22:05h			Solo chicas Glúteos Brasileiros®	S2							21:35h-22:05h

	SABADO		SABADO
12:00h-13:00h	HAMMER PUMP	S1	13:00h-13:45h
13:00h-13:45h	CICLO INDOOR	CI	13:00h-13:45h